

ABSTRACT

An optical data writing method according to the present invention is designed to write user data optically on an optical disk by dividing the user data into a number of blocks, each being made up of a plurality of sectors, and by adding an error correction code to each block. The method includes the steps of: writing a first set of data, including data representing a first content, on a track on the optical disk; and writing a second set of data, including data representing a second content, onto the track such that an unrecorded area, where no data is stored, is left between respective areas where the first and second sets of data have been written.